

MAPLE GROVE

POLICE DEPARTMENT

Crime Prevention

Safety Tips for Joggers

The Maple Grove Police Department would like to ask joggers to be prepared to physically and psychologically protect yourself. A good way to prepare is to think ahead. Here is a list of suggestions to help you do that:

- Think through how you react to crisis situations. Do you flee, freeze or fight? You can change how you react by practicing a different response, if needed.
- There is no right or wrong way to react, every situation is different. The BEST response depends on a combination of factors such as the location, the assailant, presence of weapons, your personal responses, etc.
- Always evaluate your resources and options. Continue to assess the situation as it is occurring. If the first strategy is not working, try another.
- Do whatever you feel will result in the least amount of harm to yourself!

While jogging try not to become completely preoccupied in the physical activity of putting one foot in front of the other. When you start to do this you don't realize what is happening around you. Below are a series of personal safety tips:

- Try to jog with a known companion and in a familiar area.
- Do not jog in a heavily wooded area, poorly lighted, secluded, or after dark.
- If you are jogging alone don't wear headphones.
- Vary your route and pattern of jogging.
- Carry a whistle or other high decibel battery powered device.
- If followed, go to the nearest residence, open business or group of people.
- Carry your motor vehicle and/or home keys with you.



Most crimes are crimes of opportunity. A dangling handbag invites a purse snatcher. An unlocked window invites an intruder. If you eliminate the opportunity, you greatly reduce your chances of becoming a victim.

See something suspicious?
Please say something!
Call 911 immediately.

If you have any questions feel free to contact the Maple Grove Police Crime Prevention Unit at 763-494-6134 or crimeprevention@maplegrovern.gov.